ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WEEVBE32710)
- The NAME of the product (WEIDER® 220 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 18 and 19).

Part No. 180113 R1001A

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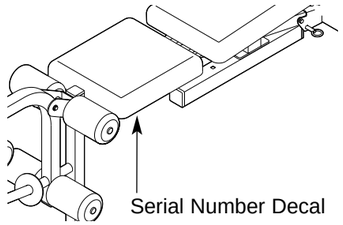
WEIDER® 220

Model No. WEEVBE32710
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

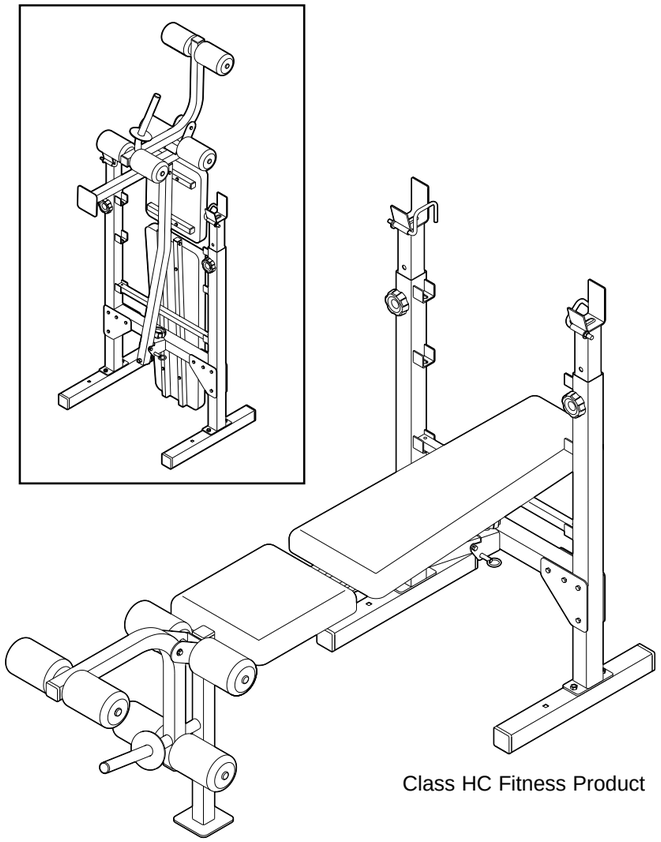
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Class HC Fitness Product

Visit our website at
www.weiderfitness.com

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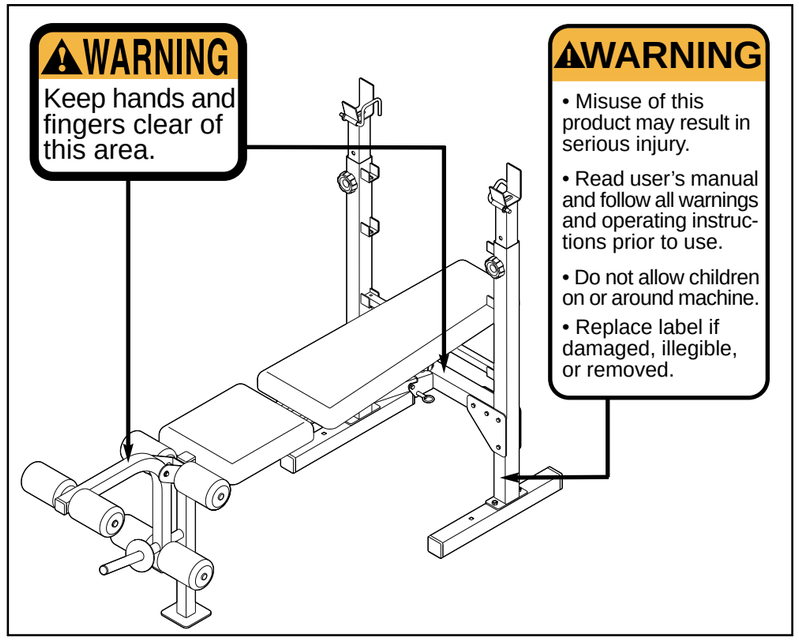
ORDERING REPLACEMENT PARTS . . . . . Back Cover

WARNING DECAL PLACEMENT

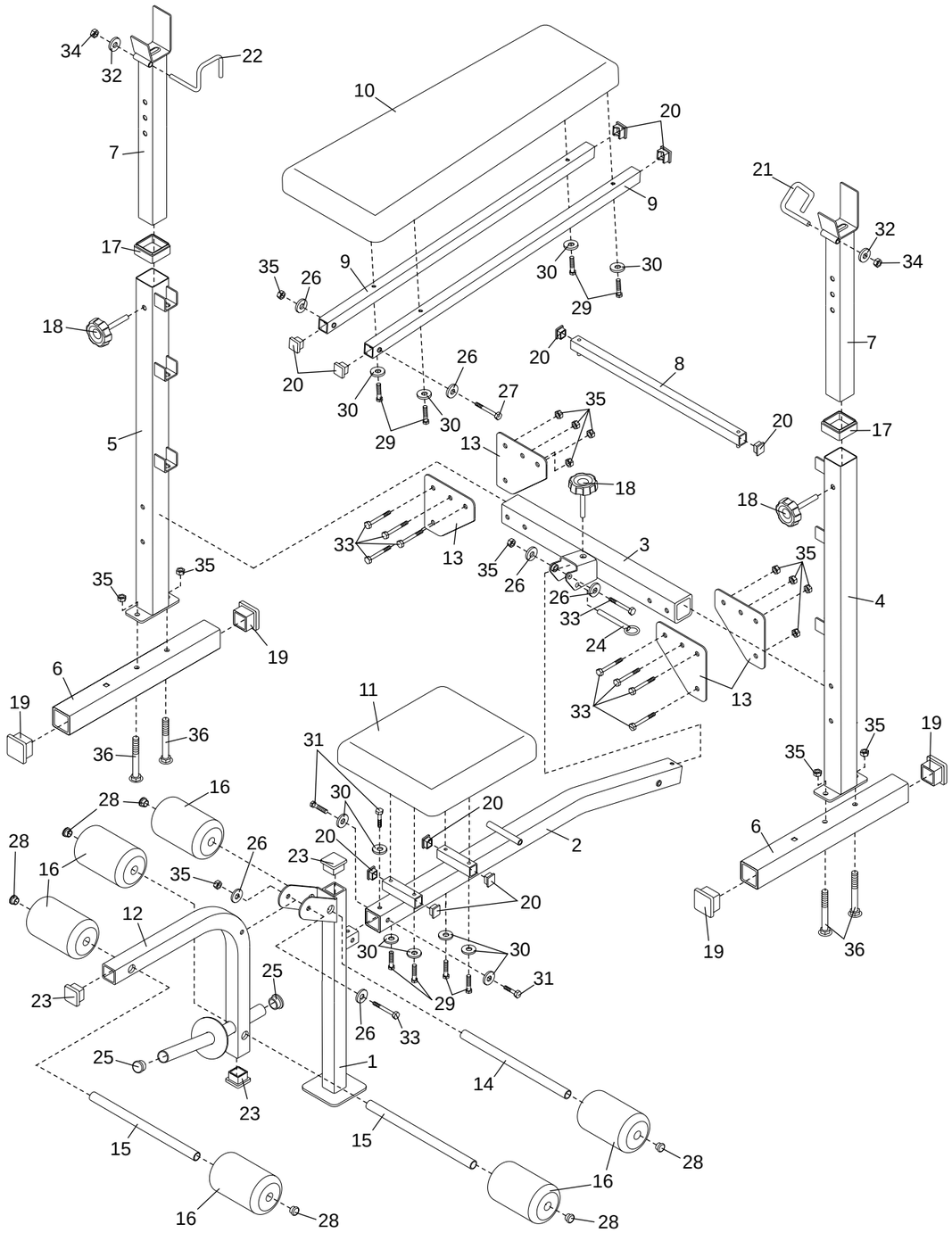
The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department at 08457 089 009 to order a free replacement decal. Apply the decal in the indicated location.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

EXPLODED DRAWING—Model No. WEEVBE32710

R1001A



PART LIST—Model No. WEEVBE32710

R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Leg	20	10	25mm Square Inner Cap
2	1	Frame	21	1	Left Barbell Hook
3	1	Crossbar	22	1	Right Barbell Hook
4	1	Left Upright	23	3	38mm Square Inner Cap
5	1	Right Upright	24	1	Ring Pin
6	2	Stabiliser	25	2	25mm Round Inner Cap
7	2	Weight Rest	26	6	M10 Washer
8	1	Adjustment Tube	27	1	M10 x 130mm Bolt
9	2	Backrest Tube	28	6	19mm Round Inner Cap
10	1	Backrest	29	8	M8 x 40mm Screw
11	1	Seat	30	11	M8 Washer
12	1	Leg Lever	31	3	M8 x 16mm Bolt
13	4	Joint Plate	32	2	M8 Bright Washer
14	1	Long Pad Tube	33	10	M10 x 70mm Bolt
15	2	Short Pad Tube	34	2	M8 Bright Nylon Locknut
16	6	Foam Pad	35	15	M10 Nylon Locknut
17	2	50mm x 45mm Bushing	36	4	M10 x 65mm Carriage Bolt
18	3	Adjustment Knob	#	1	User's Manual
19	4	50mm Square Inner Cap	#	1	Exercise Guide

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
5. **Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection whilst exercising.**
9. **The weight bench is designed to support a maximum user weight of 115 kg (250 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 23 kg (50 lbs.) on the leg lever. Note: The weight bench does not include a barbell or weights.**
10. **Do not use a barbell that is longer than 1,5 m (5 ft.) with the weight bench.**
11. **Always make sure that there is an equal amount of weight on each side of your barbell whilst you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping.**
12. **When you are changing weights, always secure the barbell with the barbell hooks to help prevent it from falling off the bench.**
13. **Do not set the weight rests on top of the upright adjustment knobs. Always adjust both weight rests to the same height before exercising.**
14. **Whilst performing bench press exercises, always have a partner stand behind you to catch the barbell if you cannot complete a repetition.**
15. **Whilst using the backrest in a level or inclined position, make sure that the pins on the adjustment tube are inserted into the holes in the brackets on the uprights.**
16. **Whilst you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
17. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**

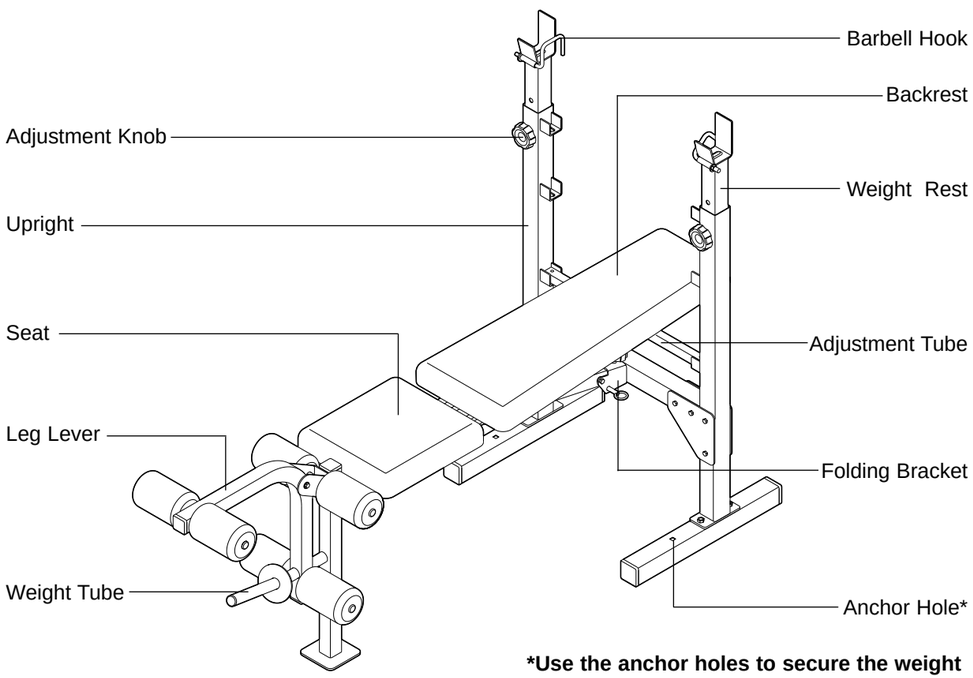
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 220 weight bench. The versatile WEIDER® 220 is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 220 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department at **08457 089 009.** To help us assist you, please mention the product model number and serial number when calling. The model number is WEEVBE32710. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labeled.



***Use the anchor holes to secure the weight bench in a fixed position, if desired.**

NOTES

MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

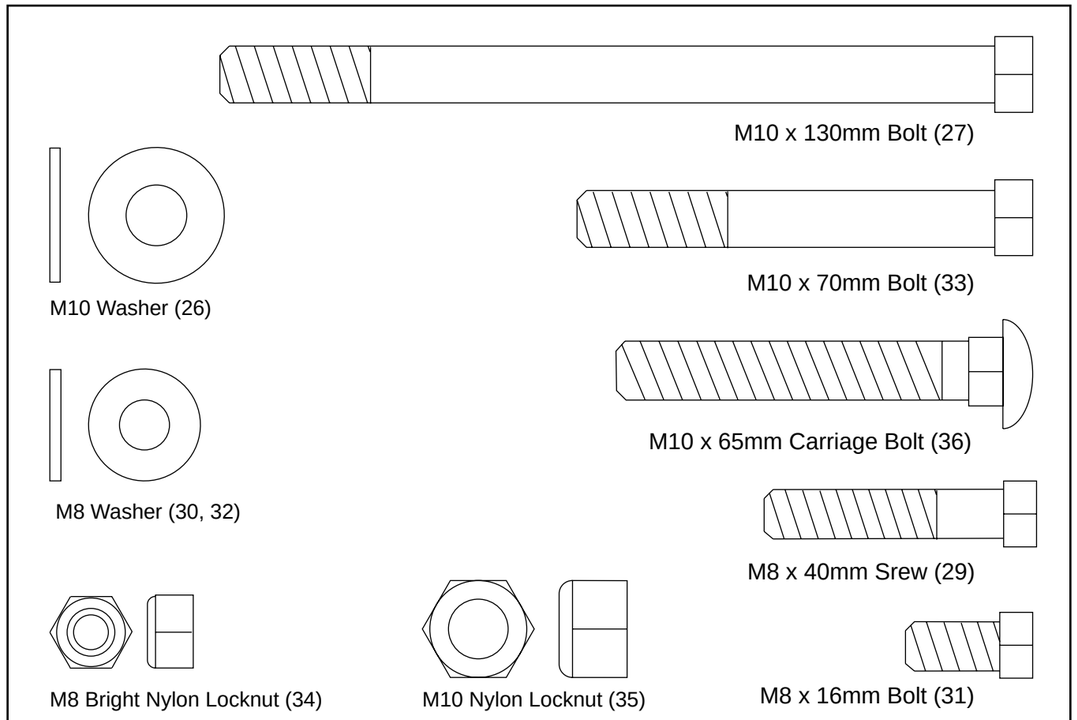
FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 18 of this manual. **Important: Some parts may have been pre-assembled. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M10 x 130mm Bolt (27)
M10 Washer (26)
M10 x 70mm Bolt (33)
M10 x 65mm Carriage Bolt (36)
M8 Washer (30, 32)
M8 x 40mm Srew (29)
M8 Bright Nylon Locknut (34)
M10 Nylon Locknut (35)
M8 x 16mm Bolt (31)

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **two adjustable spanners**
- **one rubber mallet**
- **one standard screwdriver**
- **one Phillips screwdriver**
- **lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

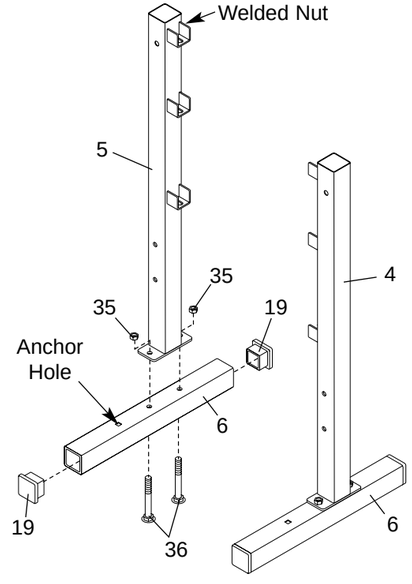
1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

   Press two 50mm Square Inner Caps (19) into the ends of a Stabiliser (6).

   Orient the Stabiliser (6) so that the anchor hole is on the side shown and the indents around the bolt holes are on the bottom. Attach the Right Upright (5) to the Stabiliser with two M10 x 65mm Carriage Bolts (36) and two M10 Nylon Locknuts (35). **Note: Be sure that the welded nut is in the indicated position. Do not tighten the Nylon Locknuts yet.**

   Repeat this step with the Left Upright (4) and the other Stabiliser (6).

1



MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

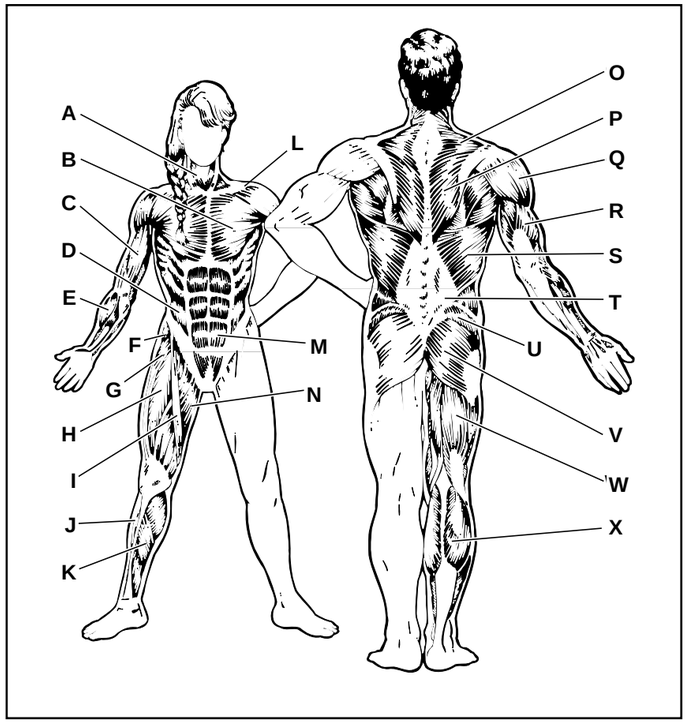
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 15 and 16 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)



2. Orient the Crossbar (3) and the Left and Right Uprights (4, 5) as shown. Attach the Crossbar to the Left Upright with four M10 x 70mm Bolts (33), two Joint Plates (13), and four M10 Nylon Locknuts (35). **Do not tighten the Nylon Locknuts yet.**

   Attach the Crossbar (3) to the Right Upright (5) in the same manner.

3. Press a 38mm Square Inner Cap (23) into the top of the Front Leg (1).

   Press four 25mm Square Inner Caps (20) into the indicated tubes on the Frame (2).

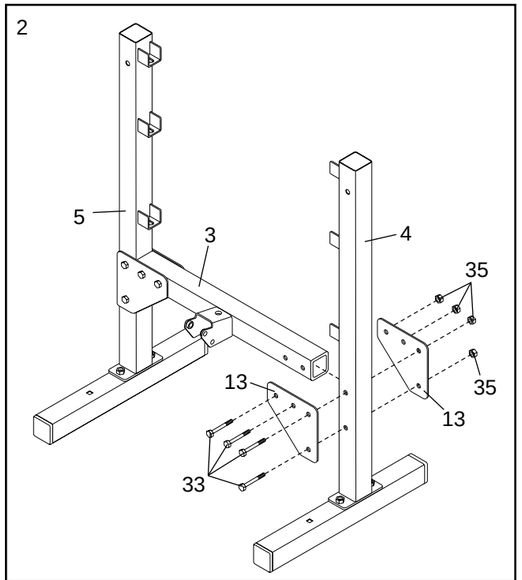
   Attach the Front Leg (1) to the Frame (2) with three M8 x 16mm Bolts (31) and three M8 Washers (30). **Do not tighten the Bolts yet.**

4. Lubricate an M10 x 70mm Bolt (33). Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (35). **Do not overtighten the Nylon Locknut; the Frame must be able to pivot easily.**

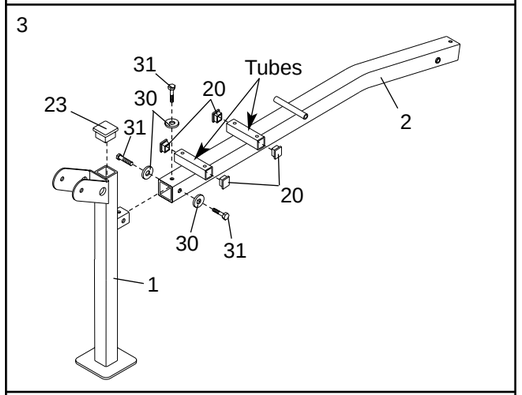
   Insert the Ring Pin (24) into the lower set of holes in the bracket on the Crossbar (3). Tighten the Adjustment Knob (18) into the Crossbar and the Frame (2).

   Tighten all of the M10 Nylon Locknuts (35) and M8 x 16mm Bolts (31) used in steps 1–3.

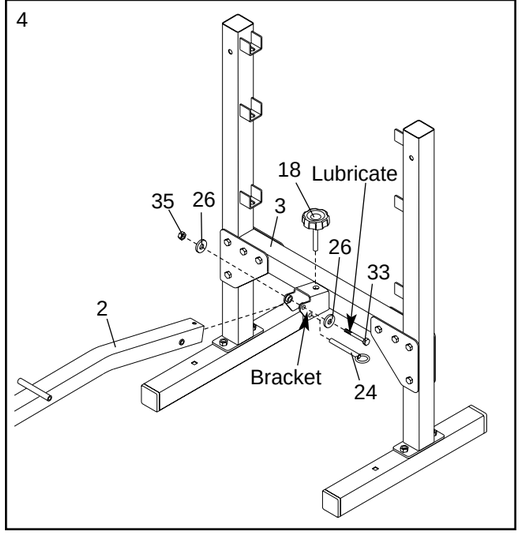
2



3



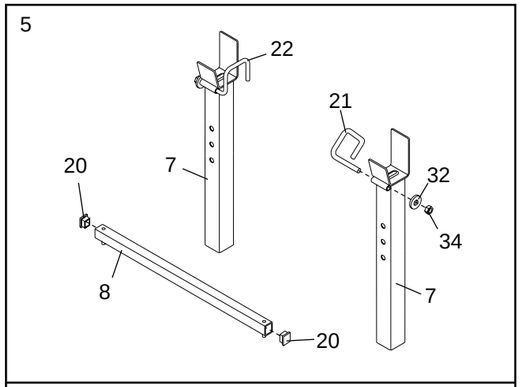
4



5. Press two 25mm Square Inner Caps (20) into the ends of the Adjustment Tube (8).

   Attach the Left Barbell Hook (21) to a Weight Rest (7) with an M8 Bright Washer (32) and an M8 Bright Nylon Locknut (34).

   Attach the Right Barbell Hook (22) to the other side of the other Weight Rest (7) in the same manner.

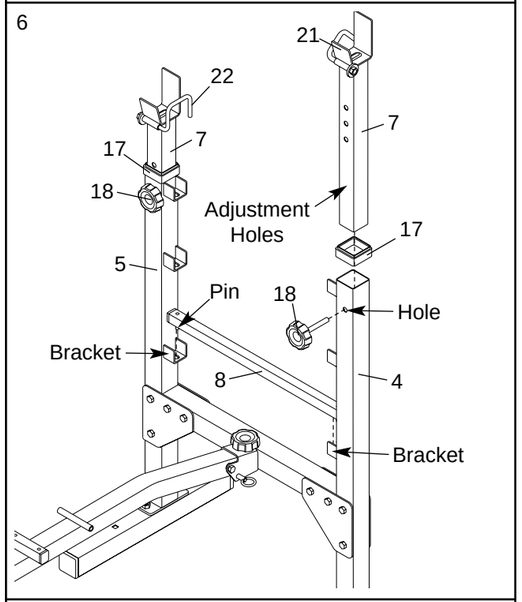


6. Rest the Adjustment Tube (8) in a set of brackets on the Uprights (4, 5). **Be sure the pins on the Adjustment Tube are inserted into the holes in the brackets.**

   Press a 50mm x 45mm Bushing (17) onto the top of each Upright (4, 5).

   Orient the Weight Rests (7) so that the Barbell Hooks (21, 22) are in the positions shown. Insert the left Weight Rest into the Left Upright (4). Line up an adjustment hole in the left Weight Rest with the hole in the Upright and tighten an Adjustment Knob (18) into the holes.

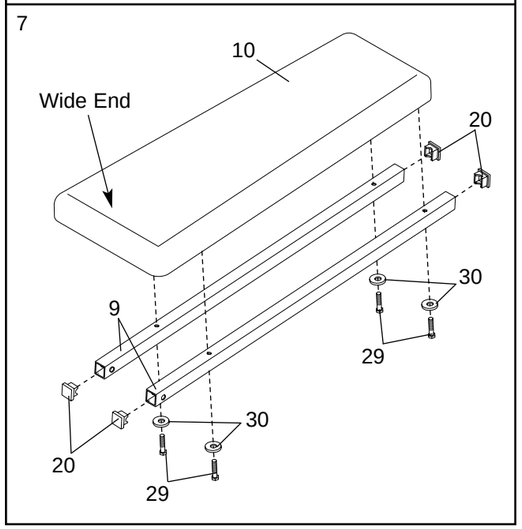
   Attach the right Weight Rest (7) to the Right Upright (5) in the same manner.



⚠ WARNING: Do not set the Weight Rests (7) on top of the Adjustment Knobs (18). Always adjust both Weight Rests to the same height.

7. Tap two 25mm Square Inner Caps (20) into the ends of each Backrest Tube (9).

   Orient the Backrest (10) with the wide end in the position shown. Attach the Backrest to the Backrest Tubes (9) with four M8 x 40mm Screws (29) and four M8 Washers (30). **Do not tighten the Screws yet.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

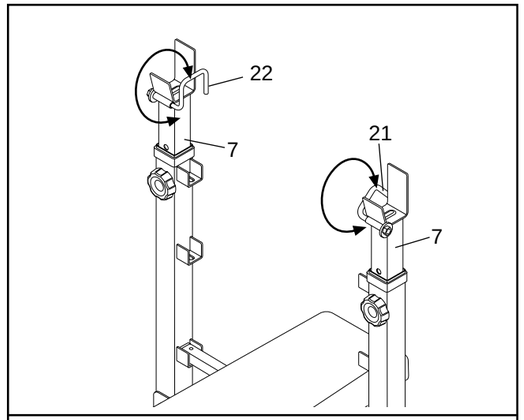
EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 14 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

USING THE BARBELL HOOKS

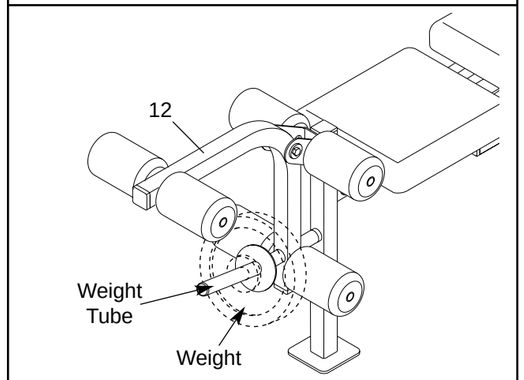
To change weights whilst your barbell (not included) is on the Weight Rests (7), secure the barbell with the Barbell Hooks (21, 22). To do this, rotate the Barbell Hooks over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (12), slide the desired amount of weight (not included) onto the weight tube.

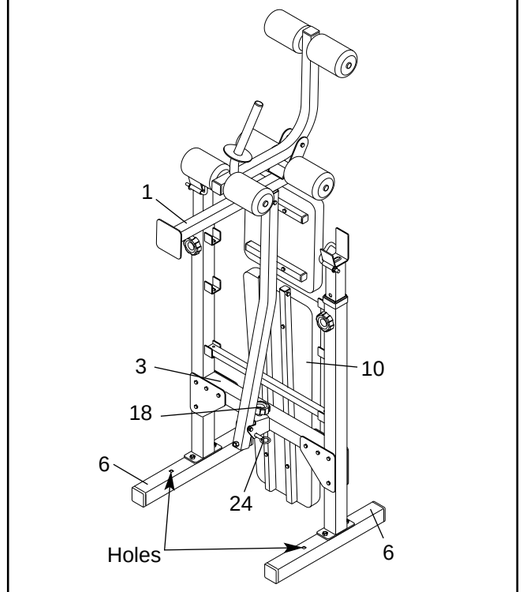
⚠WARNING: Do not place more than 68 kg (150 lbs.) on the Leg Lever (12).



STORING THE WEIGHT BENCH

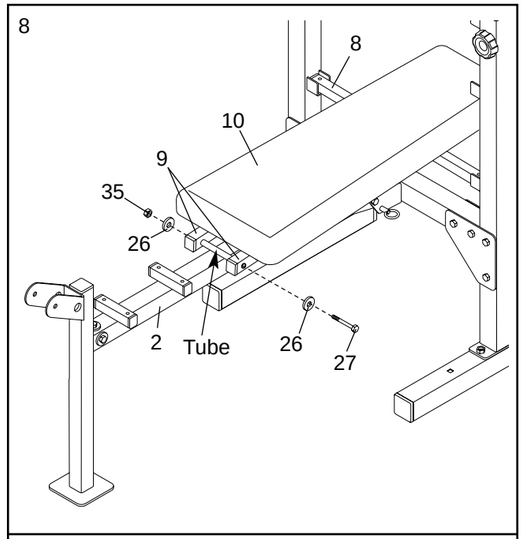
To store your weight bench, remove the Adjustment Knob (18) and the Ring Pin (24) from the bracket on the Crossbar (3). Lift the Front Leg (1) as far as it will go. Reinsert the Ring Pin into the Crossbar; the Ring Pin will prevent the bench from unfolding.

⚠CAUTION: To fold the weight bench, the holes in the Stabilisers (6) must be at least 45 cm (18 in.) from the wall, and the Backrest (10) must be in the level position (see ADJUSTING THE BACKREST on page 11).

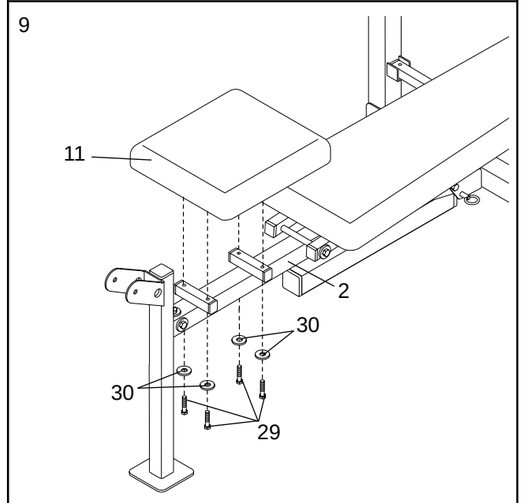


8. Lubricate the M10 x 130mm Bolt (27). Rest the Backrest (10) on the Adjustment Tube (8). Attach the Backrest Tubes (9) to the tube on the Frame (2) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (35). **Do not overtighten the Nylon Locknut; the Backrest must be able to pivot easily.**

   Tighten the four M8 x 40mm Screws (29) used in step 7.

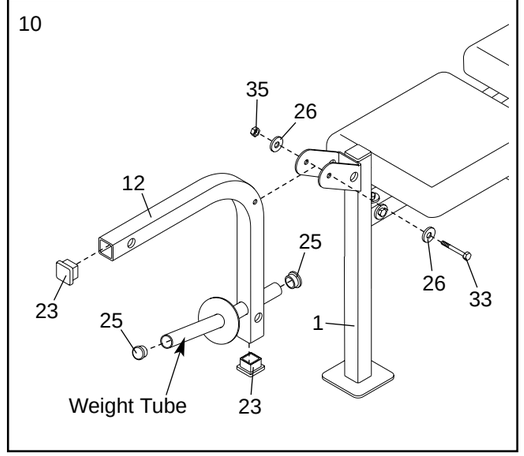


9. Attach the Seat (11) to the Frame (2) with four M8 x 40mm Screws (29) and four M8 Washers (30).



10. Press two 38mm Square Inner Caps (23) into the Leg Lever (12). Press two 25mm Round Inner Caps (25) into the ends of the weight tube.

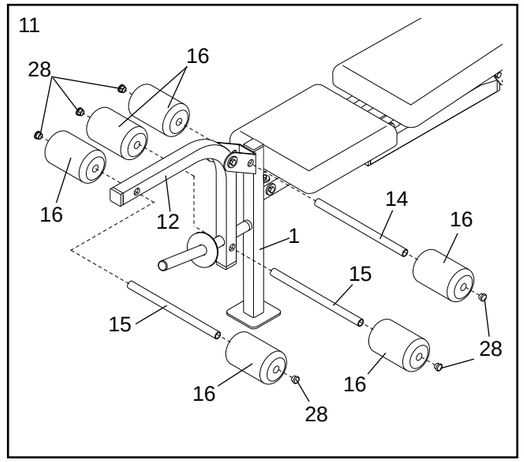
    Lubricate an M10 x 70mm Bolt (33). Attach the Leg Lever (12) to the Front Leg (1) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (35). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**



11. Press two 19mm Round Inner Caps (28) into each of the three Pad Tubes (14, 15).

    Slide the Long Pad Tube (14) into the hole in the Front Leg (1). Slide two Foam Pads (16) onto the ends of the Long Pad Tube.

    Slide the Short Pad Tubes (15) into the holes in the Leg Lever (12). Slide two Foam Pads (16) onto the ends of each Pad Tube.



12. **Make sure that all the bolts and nylon locknuts are properly tightened before you use the weight bench.** The use of the weight bench will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 13 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises.

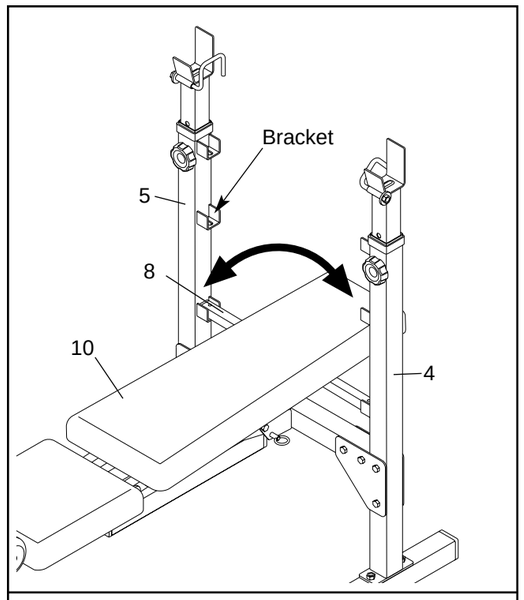
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (10) can be used in a decline position, a level position, or two incline positions. To use the Backrest in the decline position, remove the Adjustment Tube (8) and lay the Backrest on the Adjustment Knob (not shown).

To use the Backrest (10) in a level or incline position, lift the Backrest and rest the Adjustment Tube (8) in one of the sets of brackets on the Uprights (4, 5).

⚠ WARNING: When using the Backrest (10) in an level or inclined position, make sure that the pins on the Adjustment Tube (8) are inserted into the holes in the brackets on the Uprights (4, 5).



ADJUSTING THE WEIGHT RESTS

To adjust the right Weight Rest (7), remove the Adjustment Knob (18) from the Right Upright (5). Slide the Weight Rest up or down to the desired position and line up an adjustment hole with the hole in the Right Upright. Replace the Adjustment Knob and turn it clockwise until it is tight.

Adjust the left Weight Rest (7) in the same manner.

⚠ WARNING: Do not set the Weight Rests (7) on top of the Adjustment Knobs (18). Always adjust both Weight Rests to the same height before exercising.